

Abstract

Title: Regime measures to affect overweight and obesity of elementary school children

Goals: The main goal of this work is a formation of excersise program for elementary school children who have the diagnosis of overweight and obesity. The goal of this work is also to chart available information about children obesity and its treatment by physical activity. The information is from native and foreign literature which is obtained from scholarly publications or articles accessed from the internet databases.

Methods: We have analyzed scholarly publications and compared opinions of authorities who deal with treatment of overweight and obesity by physical activity.

Results: We have found out that physical activity has essential influence on health and body weight of and individual. It is very important so that physical activity becomes part of everyday regim of children. The execise program for one week is made for children, their parents and teachers. It should be a guideline for correct reduction of children weight.

Key words: obesity in children, physical activity, exercise program, elementary school children, weight.